##### **[00:03:22.280] - Maggie**

Hi, everyone. It's the voice from afar. I see you all very well, but I don't hear anything. Yes, I see. One minute, one minute. Not yet. Look at Mary. She's climbing stairs. Oh, my God. Congratulations. Now I hear, but I don't see. Now I see you, but I don't hear you. I'm sorry. I'm so sorry. Oh, I'm not supposed to say I'm sorry. Damn it. So close and yet so far. So far and yet so close.

##### **[00:06:38.550] - Maggie**

It's weird because it doesn't look like you're muted, but I mean, there's no symbol. Hey, Tammy.

##### **[00:06:56.120] - Tammy**

Hi, Maggie.

##### **[00:06:56.810] - Maggie**

We're waiting on audio. Well, we had the PO a minute ago, but...

##### **[00:07:04.400] - Tammy**

One thing and then the other.

##### **[00:07:07.680] - Caren**

We're still letting go. Can you hear us now?

##### **[00:07:10.770] - Maggie**

We hear you. We just don't see you, but...

##### **[00:07:13.610] - Tammy**

Yeah, we can hear you.

##### **[00:07:17.220] - Caren**

Okay, so that's done. The videos. Can you see us now?

##### **[00:07:35.420] - Tammy**

Yes.

##### **[00:07:36.590] - Caren**

You can see us and hear us?

##### **[00:07:38.480] - Tammy**

Yes, I can see and hear you.

##### **[00:07:42.840] - Caren**

Okay. Go, Meditation Mama tech department. All right. Wow. Okay, so now I'm going to make you full screen.

##### **[00:07:59.960] - Caren**

I'm good. Okay. That's what Nat said. Yeah. Let's do this. Can everybody talk and Let's make sure that Maggie and Tammy can hear us.

##### **[00:08:20.100] - Group**

Hi, Tammy.

##### **[00:08:22.320] - Caren**

One at a time, one at a time. Let's get the camera find each person. Angela, let's start with you.

##### **[00:08:30.080] - Maggie**

Hi, Angela.

##### **[00:08:31.900] - Tammy**

Good morning, Angela.

##### **[00:08:33.650] - Angela**

I missed you in the car today.

##### **[00:08:36.120] - Tammy**

I know. I missed our ride.

##### **[00:08:39.640] - Caren**

Keep talking, Angela. It's trying to find you.

##### **[00:08:41.780] - Angela**

Okay. Hello!

##### **[00:08:42.930] - Maggie**

Yep, it found you.

##### **[00:08:45.940] - Tammy**

It found you. We see you.

##### **[00:08:47.900] - Caren**

Okay. Last night, it was closing up. So hopefully it'll figure that out. So, Mary, let's see if it can find you.

##### **[00:08:56.440] - Mary B.**

Hello, Maggie.

##### **[00:08:57.990] - Maggie**

Hi Mary you stair walker.

##### **[00:09:00.510] - Caren**

Stair walker, is me, with this thing.

##### **[00:09:02.980] - Caren**

Wow.

##### **[00:09:05.700] - Maggie**

Look at that. That's sexy.

##### **[00:09:06.350] - Tammy**

Look at that. You can join the Rockets. No.

##### **[00:09:13.110] - Caren**

Yeah.

##### **[00:09:14.970] - Maggie**

Great.

##### **[00:09:15.450] - Mary B.**

[inaudible] and Tammy, hello. How are you?

##### **[00:09:17.640] - Maggie**

It's so good to see you.

##### **[00:09:18.780] - Tammy**

I'm doing great. It's good to see you. I'm so glad you're doing so good.

##### **[00:09:25.930] - Mary B.**

I am. Can you see me? Is it close-upping?

##### **[00:09:31.150] - Tammy**

I mean, we can see you, but it's not like you're being in.

##### **[00:09:37.530] - Maggie**

Everybody except Natalie, she hides.

##### **[00:09:41.170] - Natalie**

I don't know why [inaudible] my Mom put me here.

##### **[00:09:55.090] - Mary B.**

Natalie, honey, do you want me to get you some counseling?

##### **[00:10:02.300] - Group**

I thought you were supposed to face the other side.

##### **[00:10:10.590] - Caren**

Okay, so I don't know quite what's going on with the camera because yesterday I was up here and I tested it and it did close-ups all the way around. So on our first break, what I'll do is I'll disconnect everything and then restart it and see if that will make it happen. But yeah, that's a little bummer. Sometimes it just needs a little reboot. But is this good enough? You guys be able to do this with just the long shot for now? Because it even got close to Nat's face last night. All right.

##### **[00:10:46.160] - Caren**

Well, here we are in person. We have completed a summer. We're like two-thirds through the class.

##### **[00:10:56.010] - Group**

Wow. I feel like I learned a lot.

##### **[00:11:00.880] - Caren**

Good. And hopefully, it'll even come together in a better way than before. Sure. Okay. So, Jeremy just has some news.

##### **[00:11:14.940] - Jeremy**

Yeah. Good news. All good.

##### **[00:11:18.380] - Group**

I found it [inaudible].

##### **[00:11:20.470] - Jeremy**

Okay. Yeah. Yeah. No, it's good. I have to start with, I was reading The Surrender Experiment, and I finished it. It was great. But I've been really trying to do this. Okay, life, happen. Go ahead. I'm waiting. But I wasn't waiting. I was doing the work. The person that I work for in startup that has no money, he set me up with a startup that has money, they have a need for a person part-time. They hired me to do 20 hours a week. It pays basically what I was making when I was working full-time, but it's all at home. The guy said, I asked him, do I need to stick to the 20 hours? What's your budget? He said, As much value as you can offer, that's what I'll take. It means I could work more if I needed. Which I would be getting double what I was making working more hours.

##### **[00:12:19.930] - Tammy**

Wow.

##### **[00:12:20.130] - Group**

That's what it meant.

##### **[00:12:24.160] - Jeremy**

[inaudible] it starts your business.

##### **[00:12:28.620] - Natalie**

Is it related to... Are you coming as a consultant with your business?

##### **[00:12:33.830] - Jeremy**

It's a little bit of both. I'm a 1099 person, so I'm running it through my business. As far as I'm concerned, it is my business because I am the business, so Yes.

##### **[00:12:45.550] - Group**

Yes. Congratulations. Yay, Jeremy. 1099 means you're?

##### **[00:12:56.770] - Jeremy**

Contractor.

##### **[00:12:57.680] - Tammy**

Contractor.

##### **[00:12:59.290] - Group**

[inaudible]

##### **[00:13:00.490] - Jeremy**

Yeah, which is what I want. I don't really want to be an employee. It's my hours, my time. The guy is fully remote is his philosophy. There is no office. There's 10 of us.

##### **[00:13:13.660] - Group**

Wow. Are you excited about the actual work?

##### **[00:13:16.870] - Jeremy**

Oh, that's the other thing. Yes. The back story quickly is Workday, I hated the product. I hated Workday. Workday was a good company, but the products were really awful. This product is is helping under-credited people. People in low-income situations, young people, they can't get credit because credit depends on, I need credit to have a credit score. Your credit score is really bad. It's a broken system. It caters towards, it was built in the '70s, '80s for people like us. We borrowed a bunch of money. The more you borrow, the better your credit is. If you pay off all of credit, your credit goes down. It's a completely broken system.

##### **[00:14:02.280] - Group**

Yeah, totally broken.

##### **[00:14:04.390] - Tammy**

It's a crazy system.

##### **[00:14:05.780] - Jeremy**

The product helps people who cannot get credit. If you don't qualify for a Credit Union loan, this product says, Let's look at all of your financial picture, your bills that you pay. You actually do qualify for a loan for a Credit Union. It's helping underserved people get credit, get loans.

##### **[00:14:26.520] - Natalie**

Are you actually providing the loans?

##### **[00:14:28.440] - Jeremy**

The product allows Credit Unions to do that. So it helps them to understand someone's actual spending.

##### **[00:14:36.540] - Angela**

So they say, Okay, we'll take a risk because there is more information behind it, and they can probably be okay.

##### **[00:14:41.990] - Group**

Just to see. Oh, that is cool.

##### **[00:14:44.360] - Jeremy**

Then the other really good thing is the person is in charge of their information, and it teaches them how to improve their financial health. There is no penalty for looking at it. All the games you have to play with the big credit companies, all of that goes away. Wow. It just matters on what you do. And you want to improve it, it improves whenever you improve it.

##### **[00:15:06.080] - Group**

And the head of the company sounds pretty terrible. It's, yeah.

##### **[00:15:09.690] - Group**

Because you surrenderred.

##### **[00:15:11.460] - Jeremy**

Exactly.

##### **[00:15:12.270] - Caren**

Thank you. That was the point. Yes. Thank you.

##### **[00:15:16.560] - Jeremy**

Bringing it all together. I gave him the price, and I just said, the price is high. If it's going to work, it's going to work. And he didn't flinch. He was like, sure, that sounds great. I should have asked for more.

##### **[00:15:33.940] - Group**

So how's your- Oh, Jeremy. That's one. Oh, yeah.

##### **[00:15:38.420] - Jeremy**

It's a big relief.

##### **[00:15:39.470] - Group**

Yeah. Oh, my gosh. Yes. And just a little more. Is it now, have you started or when we-

##### **[00:15:43.670] - Jeremy**

Yeah, it was like when do you want me to start, can you start today? And I was like, Sure. Wow.

##### **[00:15:51.740] - Group**

It's good. Congratulations. Yeah.

##### **[00:15:55.600] - Mary B.**

That's been my experience. When you surrender. It's just it multiplies.

##### **[00:16:03.270] - Jeremy**

I truly didn't look for it. I was like, whatever's going to happen. And then it happened. Pretty amazing.

##### **[00:16:13.760] - Caren**

Pretty fucking amazing. Let's be clear. Yeah.

##### **[00:16:21.750] - Caren**

Yeah. That was fun watching this all unfold. It wasn't fun for you, I know. But just think of all the things you learned in the process, you're in your body, probably for the first time in your life, right? And you understood on some cellular level what it means to surrender. And that, to me, is worth everything. Because once you're in your body and you can surrender, your teacher has shown up. You now have your teacher. Because your body is your teacher. Your body knows everything, right? And if you surrender, Oh, that's the plan? Oh, I'm going to write it. Okay, I'll go in your direction. It's not our ego, it's in the middle. So well done. Well done, buddy.

##### **[00:17:09.730] - Caren**

So let's do this. Let's start with our opening meditation. But I didn't have a chance to assign who was doing what, because I'm trying to have everybody do something different.

##### **[00:17:25.320] - Natalie**

I'll do the find your seat.

##### **[00:17:27.530] - Caren**

You'll do find your seat? I don't think I've done that yet. Okay. So anybody have a pencil I can borrow? Thank you. I'll grab one of the first.

##### **[00:17:35.290] - Natalie**

I'm afraid you'll see me cheating and reading off my sheets because I don't have them memorized.

##### **[00:17:38.880] - Jeremy**

I don't have mine with me, so I'm in real trouble.

##### **[00:17:41.420] - Caren**

Let's just say... Thank you, KES. Let's just say, It's not cheating. It's showing up, authentically, where you are. Absolutely. I don't care.

##### **[00:17:53.400] - KES**

And in the big world, you'll have your cheat sheet anyway.

##### **[00:17:56.910] - Caren**

And all you type A's, we're breaking type A. We're breaking through type A perfectionism, right? I can't wait.

##### **[00:18:12.480] - Caren**

What is the date today?

##### **[00:18:14.160] - Maggie**

Eighteen.

##### **[00:18:14.900] - Caren**

Eighteen. Eighteen. Eighteen.

##### **[00:18:17.180] - Caren**

Okay, so find seat is Angela.

##### **[00:18:24.330] - Caren**

And pranayama sequence, who wants to do that?

##### **[00:18:29.070] - Jeremy**

I don't think I've done it yet.

##### **[00:18:30.240] - Group**

I'm not sure. I'm not sure. I'm not sure. I don't have either.

##### **[00:18:33.740] - Caren**

I've got, Tammy has done it. I've got Angela has done it. I did Eee. Maggie. And you did Eee? Oh, that's right. We were also impressed with you. Okay, So...

##### **[00:18:45.510] - Group**

I haven't done it yet. I don't want to-

##### **[00:18:47.640] - Caren**

Yeah. Jeremy. Yeah. And you have done Hong-Sau?

##### **[00:18:52.860] - Group**

Yeah, because I remember [inaudible]. I like it. I like it, because I just laughed.

##### **[00:19:00.260] - Caren**

No, but you taught all of us. Everybody learned from that, right? Because everybody wonders. Even I, when I start teaching, should I be like, oh? It's just not great. Exactly. Okay, so Dedication. Who hasn't done the Dedication?

##### **[00:19:19.540] - Maggie**

Oh, I want to do the Dedication.

##### **[00:19:21.720] - Caren**

Okay, Maggie, it's all yours. All right. And then-

##### **[00:19:26.110] - Group**

I think I have it, but I'll do the end. I have-

##### **[00:19:30.640] - Caren**

Well, we've got an Ishta, Hong-Sau, and Refuge left.

##### **[00:19:33.680] - Caren**

So who-

##### **[00:19:35.340] - Group**

I'm not sure I did Ishta, I've done Ishta. Refuge. Yeah, I've done Ishta, and I've done- Okay. I don't remember if I have or not.

##### **[00:19:42.220] - Caren**

So KES will do-

##### **[00:19:43.860] - Angela**

I think KES did do.

##### **[00:19:48.480] - Caren**

Yeah, KES, you did Ishta.

##### **[00:19:50.340] - Group**

And I know I did the bit of [inaudible].

##### **[00:19:52.190] - Caren**

Who did not do Ishta?

##### **[00:19:53.220] - Angela**

I did not do Ishta, and I did not do the Find Your Seat.

##### **[00:19:59.960] - Caren**

Maggie or Tammy, either one of you up for doing Ishta?

##### **[00:20:05.410] - Maggie**

I'm doing the Dedication.

##### **[00:20:07.370] - Caren**

Yeah. Oh, that's right. Tammy, have you done Ishta before?

##### **[00:20:12.510] - Tammy**

No.

##### **[00:20:14.030] - Caren**

Do you feel comfortable enough doing it?

##### **[00:20:18.820] - Tammy**

I'd rather do Hong-Sau.

##### **[00:20:20.760] - Caren**

You'd rather do Hong-Sau?

##### **[00:20:22.320] - Tammy**

I'd rather do Hong-Sau.

##### **[00:20:24.300] - Caren**

Okay. All right..

##### **[00:20:29.580] - Group**

Well, I can do Ishta.

##### **[00:20:32.490] - Caren**

I want somebody who hasn't done it.

##### **[00:20:34.770] - Maggie**

Where does Ishta come? It comes right at the end of pranayama?

##### **[00:20:38.670] - Caren**

Yeah.

##### **[00:20:39.950] - Maggie**

But before the Dedication.

##### **[00:20:42.150] - Caren**

It's pranayama, and then the Dedication, and then after the Dedication may all beings, then we move into the Ishta visualization.

##### **[00:20:54.240] - Maggie**

I can do it if you want me to do both.

##### **[00:20:58.600] - Caren**

All right, Maggie, you do both.

##### **[00:21:00.120] - Natalie**

Well, then what do I do?

##### **[00:21:01.960] - Caren**

Well, you do... Oh, but you've done Ishta. We don't want you to do Ishta.

##### **[00:21:05.050] - KES**

But I can do it again. Maybe I need to do it again.

##### **[00:21:11.340] - Caren**

Have you done the-

##### **[00:21:12.350] - Angela**

There must be one you have it then, because all of us have [inaudible].

##### **[00:21:15.150] - Caren**

Maggie, let's let KES do the Dedication.

##### **[00:21:18.450] - Caren**

Okay.

##### **[00:21:20.260] - KES**

I did that one because I was the one that brought up that. May all have happiness and the causes of happiness, let's feel love on the way.

##### **[00:21:32.240] - Caren**

Oh, you're right. Here it is. Okay. See, I usually figure this all out ahead of time, and I assign it to you.

##### **[00:21:37.500] - Angela**

It's okay.

##### **[00:21:38.870] - Caren**

Okay, so Ishta, Hong-Sau, and then Refuge.

##### **[00:21:43.280] - Mary B.**

I'll do Refuge.

##### **[00:21:45.030] - Caren**

Okay, so Mary hasn't done Refuge. Okay, and who hasn't... Who is... Who just... Tammy, you're doing Hong-Sau?

##### **[00:21:51.590] - Maggie**

I'll do Hong-Sau. I haven't done that.

##### **[00:21:55.310] - Caren**

All right, so, KES, you've done both the Dedication and the Ishta before?

##### **[00:22:00.010] - KES**

Well, I don't remember doing the Ishta exactly, but I might.

##### **[00:22:03.560] - Caren**

Well, I could be wrong. I remember doing the Ishta.

##### **[00:22:06.860] - Group**

I think I remember you doing it too. The Ishta. Yeah.

##### **[00:22:10.420] - Caren**

You did it last week.

##### **[00:22:12.500] - Group**

Oh, that's why I remember it. Yeah. Because it was close.

##### **[00:22:17.020] - Caren**

All right.

##### **[00:22:17.700] - Group**

That's the ADD thing that makes me forget. It's okay. It's fine.

##### **[00:22:21.760] - Caren**

Maggie, why don't you just take us from the Dedication into the Ishta and you have a day off? You get a day off. Yeah. And who else is there?

##### **[00:22:31.880] - Maggie**

I'm just getting a little confused. The Dedication... For some reason I-

##### **[00:22:38.550] - Caren**

May all beings.

##### **[00:22:39.630] - Maggie**

No, I know. You know it.

##### **[00:22:42.590] - Maggie**

I'm so proud. Making me choke on my mints now. Okay. In the process, who do I follow? I guess that's what I'm asking.

##### **[00:22:57.000] - Caren**

You're following Jeremy after pranayama.

##### **[00:22:59.970] - Maggie**

As it should be. He has to follow me every week.

##### **[00:23:04.800] - Caren**

Yes.

##### **[00:23:06.420] - Jeremy**

I promise I won't say, And Maggie, who knows all the immeasurables?

##### **[00:23:12.930] - Caren**

What did I miss?

##### **[00:23:15.600] - Jeremy**

Because she said she hasn't memorized it.

##### **[00:23:18.410] - Caren**

Oh, okay.

##### **[00:23:18.910] - Tammy**

I didn't say I memorized the immeasurables. I said I memorized the Dedication.

##### **[00:23:26.620] - Jeremy**

I'll clarify when I hand it over to you.

##### **[00:23:30.090] - Caren**

Not really. Thank you. I was going to say, no, you won't. You can ring the bell.

##### **[00:23:37.040] - Natalie**

Cool.

##### **[00:23:38.230] - Caren**

No, you do the bell.

##### **[00:23:39.060] - Natalie**

I'm a little serious. I'm fine.

##### **[00:23:40.720] - Caren**

You do the bell. You do the bell.

##### **[00:23:42.720] - Jeremy**

I should have kept my mouth shut.

##### **[00:23:45.660] - Caren**

You're the bell. And so you're ringing at the beginning and the end.

##### **[00:23:48.340] - Natalie**

Okay. Just a little nervous.

##### **[00:23:50.280] - Caren**

Practice ringing the bell. Okay. There's a technique. Okay now do the outside. And then do one more. It takes the first one, it gets the vibration in the bell. The second one, it builds it. The third one, it [sound]... So don't be afraid of it. Okay. All right. Okay. So.

##### **[00:24:15.340] - Natalie**

Now I'm a little nervous. Do we do it before we find our seat?

##### **[00:24:18.860] - Caren**

Yes. You're going to start us out by ringing the bell, and then we're going to turn over to Angela. So you're in charge of starting.

##### **[00:24:26.000] - Jeremy**

It's like the triangle in the orchestra. You've got one job.

##### **[00:24:30.480] - Caren**

No pressure. Come on.

##### **[00:24:36.300] - Group**

I'm going to miss you guys. This is fun to be in person. Yeah. Yeah. It's wonderful. Can we follow each time. Yes.

##### **[00:24:42.480] - Angela**

I'm finding my seat. I'm finding my sit bones, settling into my cushion, and my feet are on the ground, on the floor connected to the Earth. My spine is straight and my shoulders are soft and my chin is gently tucked. I'm feeling myself coming to the now, coming to the present. I'm remembering that this sitting has purpose. I'm taking a breath into my belly. As I release, I let go of any tension, in my head, in my face, around my eyes, in my neck, shoulders, chest, hips, and legs, and feet. I just feel into my body.

##### **[00:26:29.920] - Jeremy**

I'm just soaking in the softness. I'm allowing that feeling, and I'm going to move gently into pranayama sequence. I'll start with sipping breath. I'll breathe in, pursing lips, letting the cool air flow, hit that soft palate. Just follow it in, and follow it out. I'll do that three times.

##### **[00:27:59.480] - Jeremy**

As we finish the first, just checking in really quick with myself to make sure I'm still soft, not tense or holding, gripping. I'll move into doing three Eees. After the three, then we'll move into alternate nostril. I'm ready, bringing my mouth into a wider smile, but not tense, just the balance between it.

##### **[00:30:00.360] - Jeremy**

I'm taking my right hand, putting my thumb on my right nostril, and then we'll do three alternate nostrils. Breathe in through the left side, and switch, and now breathe out through the right. Then breathe in through the right. Switch, breathe out through the left. I'll do it at my own pace two more times.

##### **[00:31:49.960] - Caren**

Maggie, I'm going to ask you to just hold for a minute. Just hold because I'm going to take us through the one we just learned. So if you can, in a minute, just to remind you, we're going to bring the right thumb back up to the right nostril. We're going to inhale white light on the right side, exhale that smoky stuff and feel our right side becoming brighter. Then we're going to switch to the left, inhaling the light into the left channel, and exhale the smoky, feel the left getting brighter. So everybody just do three rounds of that on your own, okay?

##### **[00:32:27.580] - KES**

[inaudible] quick, when you're on the right nostril, you [inaudible] think about the right side?

##### **[00:32:33.190] - Caren**

You don't think about the right. You're all on just one side or the other. Whatever side is inhaling, that side exhales. The main thing is to practice visualizing as you exhale, it's smoky, and you're releasing all the stuff. You're on the same side. You're inhaling white light onto one side, exhaling a smoky, and the side you're inhaling on becomes brighter. Then you switch and you alternate. You go to the other side. The main thing is practice visualizing each half, each side getting brighter than the other side catching up, the other side getting brighter, the other side catching up. Then after you've done three on each side, you'll inhale through both nostrils, white light. As you exhale through both nostrils, exhaling white light, and you become even brighter and brighter and brighter.

##### **[00:34:29.920] - Maggie**

As we complete... I'm sorry.

##### **[00:34:51.750] - Caren**

No, perfect, perfect, perfect.

##### **[00:34:55.990] - Maggie**

So as we complete the white light, inhale and and exhale. When we say the words, I'm saying the words of the Dedication. May all beings Have happiness and the causes of happiness. May all beings be free from suffering and the causes of suffering. May all beings never be separate from the joy that lies beyond suffering. And may all beings abide in equanimity, free from attachment and anger that holds some close and others distant. And I feel a white diamond at my forehead. And I bring my Ishta into view, she's coming down from the ceiling right in front of my third eye. A little ways up. I breathe in her third eye, sense of being to my third eye. My third eye reciprocates. Her Mercury chakra sends a beam to my Mercury. And my Mercury reciprocates. I'm inhaling her energy in, and she is inhaling as I exhale. I'm inhaling from her heart chakra to my heart chakra. As I exhale, she's picking that up. In this way, we have bonded. More than I see her, I just feel white light all around. And the energy I feel with the inhalations and the exhalations, like the feeling of life itself.

##### **[00:38:45.940] - Maggie**

And so I merge with her. She's with me. And I release any image that I have and just feel my Ishta.

##### **[00:39:29.920] - Tammy**

As we bathe in the beauty that has surrounded our being from our Ishta, we slowly bring ourselves in the Hong-Sau, breathing in, Hong, breathing out, Sau, and slowly circle the feeling of the Hong-Sau ever so gently through our being. I breathe in, I breathe out, ever so gently. I breathe in, and I breathe out. When we release the Hong-Sau, we thank it that we're in this place. I thank it we're in a space.

##### **[00:41:23.160] - Mary B.**

I give refuge to Enlightenment, the Great Pathway. I give refuge to the Dharma of Truth, the Great Teaching. I give refuge to Guru, in eternal, eternal, Great Friend and Great Companion. I take refuge in stillness, the Great Revelation.

##### **[00:42:09.180] - Caren**

Now, why don't you close this with an Om Shanti Shanti Shanti before you ring the bell.

##### **[00:42:15.620] - Group**

Om Shanti Shanti Shanti Shanti Sh Shanti. Shanti. Shanti. Shanti. May we be blessed, may we be truly blessed that we may be a greater blessing to others. Namaste.

##### **[00:43:07.730] - Caren**

Namaste. No, it was perfect.

##### **[00:43:10.960] - Caren**

It's perfect. Three. Three. Do three. Good job, everyone. It's nice in person, isn't it?

##### **[00:43:24.140] - Group**

Yeah.

##### **[00:43:25.160] - Caren**

Yeah. But we feel you guys. We feel you guys. And we'll have the retreat. We'll have the retreat. We'll have the retreat. Yes. Well done. What time is it now? I don't have a...

##### **[00:43:41.210] - Tammy**

8:10.

##### **[00:43:44.100] - Caren**

8:10. Okay. So let's just talk about this for a minute. So if I can ground myself back in to where we started. Will you guys remind me at the retreat to have other people get practice ringing a bell? Because it's a thing.

##### **[00:44:05.100] - Natalie**

It's intimidating.

##### **[00:44:06.730] - Caren**

It is. Yeah, it is intimidating, isn't it? Yeah.

##### **[00:44:10.290] - Group**

It feels so sacred. Yeah.

##### **[00:44:14.440] - Caren**

Yeah.

##### **[00:44:16.100] - Caren**

Yeah. Yeah. And so we rang the bell, and then you brought us into our seat. It was just lovely. I didn't want to break to write things down. And so I just I love how you just settled us. Anybody have any other memory of anything that-

##### **[00:44:35.670] - Group**

I thought it was beautiful. Yeah. It was just beautiful. For sure.

##### **[00:44:41.100] - Caren**

Well, it was lovely. And you were so present. And I'm watching everybody. It's one of the beauties of being a person is I can get a better sense of how your seat is settling and softening. And so everybody, beautiful, just really lovely. And so thank you. That was great. And then from there, we went to the pranayamas. And what I loved, Jeremy was in Jeremy-ville, but I saw quite a few of you do your own Resurrection Breath. Yeah.

##### **[00:45:16.140] - Group**

I wasn't sure. I wasn't sure I was.

##### **[00:45:18.900] - Caren**

No. I saw Maggie and Nat.

##### **[00:45:23.950] - KES**

I felt the need.

##### **[00:45:25.150] - Caren**

Right. And I did, too. So I just did it very softly because what's What's important here is he didn't do it wrong. What he did was he just did him in that moment. He was already in the zone. He didn't need a Resurrection Breath.

##### **[00:45:39.780] - Jeremy**

It wasn't in my notes. Now it's in my notes now.

##### **[00:45:44.740] - Caren**

Got it. Okay. Yeah. But so what I'm liking about what you did today was you're transitioning us now into everybody knows what they're doing, right? And so what I want to just put out there for the group as I was observing everybody is the holds are soft. It's Sipping Breath. As you do it, just watch your body. Make sure your body stays soft. And in the beginning, we all tighten up. It's just what we do, right? But everything soft. And then... So my face isn't scrinched. It's just my lips. And then when I hold, nothing changes It's in my body.

##### **[00:46:30.450] - Group**

[inaudible]. Soften your hold.

##### **[00:46:32.580] - Caren**

Not just you. A lot of people do. That's just what we all do. It's practice that the body softens and the hold. So you learn not to feel too full. Because if you feel too full, right? Because if you feel too full, and boy, I used to, man, it was a competition. It was like, Oh, I gotta get it. And then you get this full, and all you're going to do is this, right? So it's like... So that's the maturity of your practice, right? Is just knowing that it's not about how full, it's about, can you keep it slow and steady? Can you hold comfortably and softly? And then just release. That's the maturity of the technique.

##### **[00:47:15.160] - Angela**

It's between the two, right?

##### **[00:47:16.930] - Caren**

Yeah. Yeah. Okay. Yeah. Yeah. Yeah. Yeah. Okay.

##### **[00:47:20.340] - Angela**

It takes a while to absorb.

##### **[00:47:24.850] - Caren**

It does. That's why we do it this way, because in the past, I would just teach a technique and we'd leave it. But then we come to the end, and people didn't know all the nuances of the technique because we didn't go over it again and again. Because this is a joke, but 10 days on retreat... Well, I haven't done 10 days, but vipasana. Seven days on retreat with Sally, and still on the second to the last day, people are asking, oh, you mean we're supposed to be doing this? And because she said it from the beginning, but you can't absorb it. You can't because you're just trying to first get this. And every one of us is in a different place. Plus, once you get it all and you're actually doing it, you go, Oh, is that... And so it's normal. And I love it when you ask these almost beginner-like questions because it says, Oh, you're internalizing the technique now, and you've got some Velcro to... The new information sticks. So it's never never anything to be worried about or embarrassed about that you're asking a beginning question after having learned the technique.

##### **[00:48:37.470] - Caren**

You're following me? Okay.

##### **[00:48:38.830] - Jeremy**

I do have a beginning question.

##### **[00:48:41.200] - Caren**

Yes, please.

##### **[00:48:41.620] - Jeremy**

So on alternate nostril-

##### **[00:48:46.280] - Caren**

Oh, wait, let's get there. Let's go to Eee Mantra first. I did not look at anybody during Eee Mantra because it was so freaking beautiful. Maggie, I cannot wait for you to be here and do Eee Mantra with all of us. It's so lovely.

##### **[00:49:02.540] - Maggie**

I could hear. I mean, there was a very nice buzzing. It sounded really great.

##### **[00:49:08.830] - Caren**

Oh, so it was coming through?

##### **[00:49:10.890] - Maggie**

It did. I mean, for me, I felt a lot of that.

##### **[00:49:16.980] - Caren**

Oh, nice. Yay. So the only thing I want to just remind you is Eee Mantra, again, this hold is soft. And pay attention to your face now. And as you're learning Eee Mantra now, face becomes less and less gripped. Now, faces become gripped. I had students who 10 years, and still Eee Mantra was, And it's like, you can only say so many times, soften your face, right? But for you, as part of this training program, it's notice your faces, and then little by little, let it just be right here.

##### **[00:50:01.540] - KES**

[inaudible] it was supposed to be.

##### **[00:50:03.620] - Caren**

Well, it is. It is. But it takes this. It's not your eyebrows. It's not your eyes. And even if it's not squinched. It's... Eee.

##### **[00:50:17.820] - Angela**

Yeah, because your eyes can still be open.

##### **[00:50:21.020] - Caren**

Yeah.

##### **[00:50:23.480] - KES**

I think you said or I read it, that you come from your esophagus up to your nasal [inaudible]. I read it. I think I read it in the book.

##### **[00:50:36.470] - Caren**

In his book?

##### **[00:50:37.080] - KES**

Yeah.

##### **[00:50:38.210] - Caren**

In terms of the-

##### **[00:50:39.550] - KES**

The energy.

##### **[00:50:40.650] - Caren**

The energy does, yes. But what we're... Yes. And. We want to first find it here. But for most of us to find it here, we have to find it in here and move up, right? So wherever you find it, we're first trying to move the Moon Center, and then we're trying... Then we're... Trying. You will eventually add the Mercury center. So you got this nice. And then we're going to link the three aware of the vibration. But find it here first, so this is opening, then here, and then here.

##### **[00:51:14.640] - KES**

Sometimes they I'm trying to think about tickling the pituitary in there. When you're going... It tickles up. I guess that's the whole.

##### **[00:51:26.760] - Natalie**

I thought it was just a tickle. Back here is where it's just the opening.

##### **[00:51:29.900] - Caren**

That's where you That's where you want to focus. Eee Mantra is a Moon Center technique. Does it affect the... The Ajna? Yeah, but we have to be really careful labeling the physical body with the energetic center. I mean, we know they're correlated, but we're not... It's an energetic center. Let's just put it that way. And these are two poles of that spot that's in the center that is correlated with pituitary. Yeah? So even as we're gazing here, and just I can't tell if you're gazing here, but just become, you know, Mula Bandha, a gazing at the Sun Center, a part of all pranayama. But the focus here. It does wake up the whole... It wakes up everything up. But most of us have a closed Moon Center, and that's where your intuition, all of your... That connection to these Subtle realms comes just wakes up from that place. So that's the distinction. So if we're teaching it... Now, if you're going to teach on your own somewhere, you do you. But if we're at Hamsa, we're very careful to not have people focus on the physical body, but to stay in the energy body. How's that?

##### **[00:53:04.880] - Jeremy**

Can I say something about that?

##### **[00:53:06.780] - Caren**

Yeah.

##### **[00:53:07.300] - Jeremy**

So for someone like me, my experience was when you used to say, breathe in the stomach, I I just get stuck on that. I'm like, the body doesn't work that way. I can't breathe into the stomach. And I was thinking about the physical body, and it was a distraction. I'm like, I can't vibrate my pituitary gland. There's no way I can do that. That's what I'm thinking about. And so by converting that to energy or your body moves as a result of you inhaling, I let go of thinking about, Oh, that's not technically the diaphragm doing that, or it's not technically my... this part of my brain. It allowed me to just release that. And I no longer... Then I just accepted, Oh, there is an energy center in there roughly near that space. That's good enough. So it freed me of that.

##### **[00:53:58.230] - Caren**

That's an important point, because when we do Three-Part Breath, now, if we're doing an anxiety class, we'll talk about the diaphragm moving down, which pushes the organs, right? Because we know the breath literally doesn't go in your belly. And so there is a physiological Three-Part Breath that calms the parasympathetic nervous system. However, where the mind goes, the prana follows. So when we're doing Three-Part Breath, it's like we're filling. There's so much more to it. It's a pranic experience of grounding, which also grounds the anxiety, takes us out of our head, right? So it's multi-layered. And I love that you said that. I love what you said, too. It's like, these are the nuanced places we can go now, right? And like Breath to Soften and Release. I know the breath is not going on my shoulders, but damn, now it feels like it. And it opens up. I'm using my mind, my prana, to soften my body. See? So that's the gorgeousness of this. Okay, and so then at the end of Eee Mantra, it is inhaled through your nose. It says, I'm done. And what I'm going to ask you guys to do when you're practicing on your own, you can just...

##### **[00:55:29.650] - Caren**

Nobody knows. But when you're with us, if you could, especially if we're in person, but if you can do something so I know. And you notice that I always end Eee Mantra. I'm hoping they'll hear it on Zoom going... It's my way of saying, did you inhale through your nose? To end the technique. Yeah. Okay.

##### **[00:55:52.810] - Jeremy**

I forgot that part. I don't remember that.

##### **[00:55:57.110] - Caren**

I know. I know.

##### **[00:55:58.610] - Group**

I have it written Yeah, I was thinking to the next thing to [inaudible].

##### **[00:56:02.720] - Caren**

Inhale through the nostrils to end.

##### **[00:56:05.240] - Mary B.**

Yeah, I've been all these years been going instead of through the nostrils. I remembered it, but I did it in my mouth. Yeah. Okay.

##### **[00:56:17.480] - Caren**

It's the way of saying to your whole mental, physical, energetic body, this technique is complete. This technique is complete. So Eee Mantra. And then we went into the Dedication. Oh, yeah, your question. Yes. The alternate nostril. Yeah.

##### **[00:56:45.300] - Jeremy**

In some of the recordings you have, and I remember doing this, for beginners, do you count the... But is that a different technique is really my question.

##### **[00:56:58.440] - Caren**

No, it's a beginning entry way in because what we're trying to do with alternate nostril... Jeremy's question is basically, why are we counting sometimes and not others? When we're starting to teach the technique, people don't know whether to go... Or what? Because the whole point is to slow it down.

##### **[00:57:20.870] - Caren**

So one, two, three, four.

##### **[00:57:24.260] - Caren**

And you look at your people. Do you need to do three count? I tend to like four count because you lose the first one anyways. And a lot of people will teach it going, inhale, two, three, four. Whereas if you're trying to go one, two, three, inhale, two, three, that can be a little... Nobody can settle. But what you can do is still just speed up your two, three, four. So it's, inhale, two, three, four. If you were to teach at the center, you'd want a shorter breath, right? Exhale, two, three, four, inhale. So you look at your people. And then once everybody gets that, there's a rhythm. Same, same, same, same. And the exhale is not longer than the inhale in this version. You can do versions where they are. But the one we teach, it's balanced because that's part of the point is we're balancing the left and right hemispheres. Does that make sense? Yeah. So beginning, yes, count. But once you've got a group, like Tuesday night, nobody counts anymore because everybody knows to do their own. Yeah. Good question. Yeah. And so how are you doing with the light, the visualization of the light?

##### **[00:58:39.940] - KES**

I get so mixed up.

##### **[00:58:41.100] - Caren**

Okay.

##### **[00:58:42.290] - KES**

I love it. But so do you alternate then or do you stay on one side for three times?

##### **[00:58:50.860] - Caren**

Okay, stay right there with your thumb. In one.

##### **[00:58:54.710] - KES**

So put them on you on the left side because I'm breathing in the left.

##### **[00:58:57.620] - Caren**

Yeah, we always start on the left because we're in meditation. And then exhale left. Now you're brighter, brighter. Now we want to balance up, so go to the other side. And we're going to bring them together. Now they match. Brighter, brighter, brighter. We got both sides matching, balance. Now we go back. Start again on the left side. Okay. Does that make sense? Yeah. So in other words-

##### **[00:59:20.050] - KES**

I stayed on the one side for three, and then stayed on the second side for three, and then did the white light.

##### **[00:59:26.110] - Caren**

Yeah. I mean, you could do it But it's more balanced. That way, for this technique, we're trying to just up, up, up, up, up. Because if we go up up up, and we go over here, you won't be able to keep the brightness. And bring the other side up. At least I can't. And that's not how it was taught it. So yeah.

##### **[00:59:50.700] - Natalie**

Question on both of those. Do you start on the specific side?

##### **[00:59:57.900] - Caren**

Starting right side, like Maggie, in her yoga classes with Kim, they always start on the right side because it's where they're working with the body. We're meditators, so we're working with the left side, the subtle body. So we start on the left.

##### **[01:00:13.160] - Angela**

For some reason today, you said the right side.

##### **[01:00:15.030] - Caren**

Oh, I might have. I might have.

##### **[01:00:17.950] - Jeremy**

Right hand. That's what I was trying to do.

##### **[01:00:19.640] - Angela**

Is that? Yeah. Okay. Because I know you always bring in first in our left, but then you said right. So I thought, well, maybe that was because it's the different technique. Then I I thought, oh, it doesn't matter. I'll just do it.

##### **[01:00:31.570] - Caren**

Did I do that?

##### **[01:00:32.360] - KES**

Yeah. Well, you said the right-hand, and then you said read through the right. And I'm like, what? I'm closing right.

##### **[01:00:37.790] - Caren**

No, you just always remember that you and me, right, left. Yeah. I will own it always.

##### **[01:00:48.360] - Angela**

I didn't mean to... It was just that I thought, well, is that part of this technique? So I wasn't.

##### **[01:00:53.370] - Caren**

You know what you can always do? You just open your eyes and look what's the teacher doing.

##### **[01:00:56.870] - Angela**

Okay, good.

##### **[01:00:58.040] - Caren**

Because especially now that you know me, left and right. Okay. Not my strong suit. I will literally be in the car with Bill and I'll say, okay, go left. And I'm looking this way. And I'm looking and doing this. I'm saying, go left.

##### **[01:01:15.530] - KES**

I've done that, too. Mike's yelling, right, right, right. I'm turning right!

##### **[01:01:20.230] - Caren**

Exactly.

##### **[01:01:21.940] - Mary B.**

Okay. That's just a minor thing.

##### **[01:01:27.280] - Mary B.**

Let me go back because I think I missed it again. When we're doing the nadi cleansing, we go one side and then we go to the other and up it so that you're doing it just like you just said.

##### **[01:01:46.770] - Caren**

Yeah. Inhale, exhale, same side. Inhale, Exhale, alternate side.

##### **[01:01:51.620] - Group**

Okay. Yeah. That's the light one.

##### **[01:01:53.740] - Caren**

That's the light one.

##### **[01:01:54.540] - Natalie**

The normal one is inhale.

##### **[01:01:56.650] - Caren**

Inhale one, exhale the other. Yes. So it shouldn't It's already called alternate, but it is, unfortunately. In Kriyananda's, in his materials, he calls it alternate. But it's like a building on a technique because it actually takes us into one... There's one more layer of the technique that involves the Ishta. And so it's like, these are the three stages. This is the way he taught it, so I'm doing it that way. And he starts it with alternate nostril. He calls it alternate. But it is confusing, isn't it?

##### **[01:02:24.270] - KES**

I mean, for years, I've heard it alternate nostril.

##### **[01:02:27.580] - Caren**

But that's when you go in one and out the other. That's why it's alternate, because you alternate, inhale, and exhale. That's alternate nostril breathing tradition. What we're learning is a version of that technique using light to purify. And so we should just come up with another name. It just can't be the same.

##### **[01:02:57.050] - KES**

Well, it sounds... I mean, you're still alternating, though.

##### **[01:02:59.380] - Caren**

I know.

##### **[01:02:59.830] - Mary B.**

With white light.

##### **[01:03:03.740] - Caren**

If anybody comes up with a name, though, that's less confusing. Let's just do Nadi Cleansing. Let's call it Nadi Cleansing Because then you know to cleanse the left nadi, let's close the right nadi. And let's call it nadi cleansing. All right.

##### **[01:03:23.160] - Tammy**

I have a question.

##### **[01:03:25.750] - Caren**

Yeah, Tammy.

##### **[01:03:27.270] - Tammy**

When we do the technique with the nadi, nadi, nadi technique, is this a similar thing where we're cleaning that out in a sense, too? What you're saying, the nadi cleansing?

##### **[01:03:42.080] - Caren**

When I say nadi, N-A-D-I. Oh, N-A-D-I. N-a-d-i. I'm talking about the channels.

##### **[01:03:50.030] - Tammy**

No, I got you. Yeah. Got you. N-a-d-i.

##### **[01:03:52.470] - Caren**

But you're right. It is a cleansing. It is a cleansing. Yeah.

##### **[01:03:55.610] - Tammy**

Because I was thinking it was the same wording. Okay. Nadi, n-a-d-i.

##### **[01:04:00.980] - Caren**

N-a-d-i, yeah.

##### **[01:04:02.620] - Tammy**

Okay.

##### **[01:04:02.800] - Group**

Now I'm confused. N-o-t-i.

##### **[01:04:06.780] - Caren**

There's no N-O-T-I that I know of. It's N-A-D-I is nadi, N-E-T-I is what Tammy went, Oh, is this a neti? Is this a cleansing? And it is in a way, isn't it?

##### **[01:04:19.870] - KES**

And then the Neti pot.

##### **[01:04:21.130] - Caren**

It's the cleanser. Yeah. The other one is for the mind.

##### **[01:04:26.690] - Tammy**

The other one is spelled N-E-T-I?

##### **[01:04:29.520] - Caren**

Yes. So N-E-T-I is I am not this. It means I'm not. Neti means not this. Neti means not this. Neti pot, I'm not this phlegm? I don't know.

##### **[01:04:44.940] - Tammy**

That's why I was correlating it, because the Neti pot and the cleansing, so that's why it's...

##### **[01:04:52.830] - Caren**

Yeah. But they are two different words, and they mean two different things.

##### **[01:04:57.050] - Tammy**

Okay. Never mind. Don't hold on to that, everybody.

##### **[01:05:00.590] - Caren**

No, no, no. That was good.

##### **[01:05:02.320] - Maggie**

and now, N-A-D-I is-

##### **[01:05:05.470] - Caren**

The channels. 72,000 nadis in our spiritual energy body. And when you say 72,000, it means innumerable. It's not literally 72,000, right? Yeah.

##### **[01:05:21.500] - KES**

You don't have to stop at 72,000.

##### **[01:05:24.330] - Caren**

You don't have to stop. It's a good one, KES. Yeah, yeah, yeah, yeah, yeah, See, I love this. This is clarification that is important, right?

##### **[01:05:38.140] - Jeremy**

What you just said is like, I can let go of 72,000. So my brain is saying, how are we really fucking know there's 72,000? Can somebody actually count 69,998? 69,999? Seventy-two thousand, I'm done.

##### **[01:05:55.200] - Caren**

Yeah, right. When you hear big numbers Just like that. They're usually symbolic.

##### **[01:06:03.040] - KES**

Somebody likes that. Somebody way back liked that 72,000.

##### **[01:06:08.380] - Group**

[inaudible].

##### **[01:06:10.400] - Caren**

Yes, that's exactly it.

##### **[01:06:14.250] - Jeremy**

Totally.

##### **[01:06:15.810] - Caren**

Okay, so then we went into the Ishta meditation. And so, Maggie, I love the way you're doing your Ishta. You've made the meditation yours, but I'm going to just clarify the actual technique itself, which is the light from the Sun Center to your center is a beam, and it's just coming one direction in the beginning, one direction, Mercury, one direction, heart. So in the beginning, Ishta is just sending to you. And then the technique we were doing, you have three where it's conscious, inhale, and then reciprocate, give it back. Inhale, and then give it back, and then inhale, and give it back. And the three, why are there three? Times are doing it. What is that symbol of? Yeah, the three levels of our being. Physical, subtle, Causal. Yeah.

##### **[01:07:18.850] - KES**

And Causal, I was looking that up. That was confusing to me. Causal is everything gets caused by the Causal. That's the thought patterns. It's the-

##### **[01:07:35.360] - Caren**

Yeah. Welcome. Do you know how many retreats I was with Kriyananda? And so what exactly is the Causal? Is there karma on the Causal? And depending on the day, there's no karma on the Causal, and it's the least karma is on the Causal. So I think the way to look at it for us, because this is a human brain trying to interpret something that's so much bigger than us. So dense, physical, boom, easy, boom. Subtle. Our thoughts, our emotions, our dreams, this feel that we feel when we connect with each other in the sangha? You can just send those feelers out at the lake and you feel everybody? The Subtle realm is where you have those abilities of... Now, I'm not going to remember the words. Clairvoyance, clairaudience, seeing. It's the non-physical world. It's where we go when we leave this body. And there's levels to the Subtle realm. Before that is the Causal realm. And for our purposes, the Causal realm is the realm where it's just possibility. And then it starts to wake up and it vibrates, and then it begins to precipitate into Causal. It's that place of pure awareness without any creation happening, it's just awareness.

##### **[01:09:24.880] - Caren**

As soon as that awareness vibrates, moves, that's starting to precipitate into the subtle. So the Causal realm is that realm of pure knowing, pure being. And for our purposes, the way we're working with it with karma, it's the pre-karma. It's before. But it's got the potential of everything.

##### **[01:09:56.620] - Natalie**

I have two questions, one about that and the one I want to go back to the [inaudible] meditation, so I'll create that.

##### **[01:10:02.120] - Caren**

Okay. She said that so fast. Did anybody else understand? I know her, so I did. Okay. And then I want to go back to the Ishta Meditation. Okay.

##### **[01:10:08.810] - Group**

It's that young person with lots of energy.

##### **[01:10:11.320] - Natalie**

I'm a young person. That's great.

##### **[01:10:13.180] - Caren**

I know.

##### **[01:10:17.220] - Natalie**

So back to that one. So is that like, Shiva Shakti? So is that like, Shiva, and then once Shakti happens, you're in subtle or physical. Is that a way to think about?

##### **[01:10:26.420] - Caren**

Just the- The concept. I'm debating whether to go here or not. I think I'm not-

##### **[01:10:33.510] - Natalie**

You don't have to go here right now.

##### **[01:10:34.180] - Caren**

No, I was debating whether to introduce new vocabulary, and I'm not going to, just to keep it simple. But there is the Shiva, which is pure awareness, pure consciousness, and Shakti is the energy of creation. On that level, yes.

##### **[01:10:57.160] - Natalie**

Is this really annoying? I don't know how to hear how loud I think I'm being. No, not at all. I'm sorry. My other question back to the Ishta meditation. I was reading my notes and listening to what you said, and I'm a little... I just want to be... I think I'm getting it confused. So what I have here, because I have wrote really clearly, are Ishta sending to us, it is not an exchange.

##### **[01:11:17.950] - Caren**

In the first part. Because remember, this is a patterning. And the reason that's ... The reason why it's like, I love that Maggie's personalized it like that. But I just want you to, and I don't have any problem with you guys personalizing it, I just want you to be really clear what this technique is, and it's patterned after something called Guru yoga, which is a technique. And in that technique, the image is in front of you, and the light comes to you from the Sun Center, Mercury Center, Heart Center. And it's a beam, a beam, a beam.

##### **[01:11:57.430] - Natalie**

And they get out of it, right? So you get the first one, then you get the two, then you get the three, and then you do all three. And then I think I was reading what you were talking, and then the breathe in, give it back.

##### **[01:12:12.400] - Caren**

That... Hold on. Hold on. Let me figure out how to say this. Can we hold on that for a minute? Let me go back. In Guru yoga, the color of the lights coming might be different. Whether you hold one, let it go, hold another, let it go, hold another, let it go, could be different. There's one technique we were learning where it was like you're chanting and you have to go, boom, boom, boom, boom, But the Guru yoga is the guru imparting to you, the Buddha or your Ishta, the beams coming this way into these three main energy centers. That's the basic patterning for the technique. And there's variations within it. But for what it's important to me that you get is that in the beginning, it's... Because that's everything that you have that we've forgotten. So we impart it and we drink it up. And then you absorb it and you absorb it. And you realize that you practice for a few minutes being the Guru, the Buddha, because the whole point is that that's already within you. We just forgot. It's awakening. And so what we're doing, the reason we're doing the... Then three, just inhale and then give back, that's a pattern name for Hong-Sau to just help you guys.

##### **[01:13:58.300] - Caren**

You saw that. It's to help you really... It's a subtle way of broadening the patterning of Hong-Sau to that recognition that there's something being transmitted towards you, and you give yourself back. It's a surrender back. And to me, that's the whole point of Hong-Sau, is that surrender, right? So for To me, that second part was to enhance your Hong-Sau. So that could be different in different techniques, in different places. We're doing that for that reason. Yes.

##### **[01:14:45.300] - Natalie**

Great. So the technique that we're learning is one, two, three. That is the Guru yoga technique that we're learning.

##### **[01:14:53.320] - Caren**

Basic patterning.

##### **[01:14:54.040] - Caren**

Basic patterning, right? Or right now with us, there's two pieces to this technique we're doing Guru yoga, and then we move to second piece of this a different technique, which is then we do three with the reciprocity. Two separate things that we're combining into one for the purposes of this meditation.

##### **[01:15:13.510] - Caren**

Yes. And then I'm going to go back to what Maggie did. I just love it. And I think I didn't... Remember we said, you can do whatever you want at that point. But I love what... It just absorbed. It becomes part of you. And I think that's actually important. So let's go ahead and add that as part three. Is you just... Did you use the word absorb, Maggie? What was the word you used? Do you remember?

##### **[01:15:34.420] - Maggie**

Well, I was reciprocating until the very end, and then I just felt that white light and we became... I think I might have just said merged.

##### **[01:15:50.180] - Caren**

There we go. Merged. Absorbed and merged. Let's do that. Let's just bring it in. Yeah, Maggie.

##### **[01:15:59.870] - Maggie**

I appreciate Natalie's clarifications, but just so that I can repeat it out loud one time.

##### **[01:16:06.150] - Caren**

Yeah, please.

##### **[01:16:07.550] - Maggie**

We do Sun Center receiving from the Ishta, Mercury Center receiving from the Ishta, Heart Center receiving from the Ishta, individually. Then all three at once.

##### **[01:16:22.780] - Caren**

We are doing one, and then that one keeps going. And then we add. We're adding. Okay. And we're adding. So by the time the Heart Center has happened, you've got all three alive, and then the reciprocity just happens back and forth.

##### **[01:16:41.940] - Maggie**

Perfect. Thank you.

##### **[01:16:43.300] - Caren**

Great clarification, because sometimes it's otherwise.

##### **[01:16:46.890] - KES**

So the reciprocity is all three at the same time?

##### **[01:16:51.380] - Caren**

Yes. Which is basically your Hong-Sau pattern, right? Hong, I'm breathing in all this goodness. Sau, I'm giving myself So it's basically hong-Sau.

##### **[01:17:02.720] - Jeremy**

Three of all three.

##### **[01:17:04.690] - Caren**

Three of all three. Yeah. Oh, I just got all chillies. The fact that you were learning all this stuff, and I've been just doing a lot, reading a lot more of Kriyananda stuff because I was trying to find something. So I've been through... You go in my office now, I have so many of his things everywhere, trying to find the patterning for Mount Meadow Waterfall. I want to teach you guys at the fall retreat. And And I cannot find it anywhere. So at any rate... No, we're still going to do it. I know what it is. I just wanted to just give you the one he wrote. I was just going to pass that one on. I cannot find it anywhere. But in the process, I'm reading all this stuff, and it's like, oh, my God, this guy's amazing.

##### **[01:17:49.720] - Group**

You're going to make some more things you're supposed to find first. Exactly.

##### **[01:17:53.270] - Caren**

You think so? Yeah.

##### **[01:17:56.180] - Caren**

Okay, hold that. Hold that. Surrender, Caren. Yeah. So, wow, you guys. Great questions. And then from Ishta, we went to Hong-Sau. Tammy, that was lovely. Obviously, you love Hong-Sau. That was clear.

##### **[01:18:14.340] - Angela**

Yes.

##### **[01:18:14.980] - Caren**

Right? Yeah. Any questions on Hong-Sau, though? I feel like everybody's having their own... Yeah.

##### **[01:18:22.540] - Natalie**

Sorry. Because after we've talked about this more, when I do Hong-Sau now, Hong-Sau now, there are times are like, Hong-Sau, Hong-Sau, and I'm just letting it... And that's the point, right? I'm supposed to be doing that whatever pace.

##### **[01:18:34.780] - Caren**

Yes. So that's what we'll do. We'll take a break and we'll come back, and we're going to play with Hong-Sau to just rip you out of your comfort zone on the swing. Okay? So Hong-Sau, and then we did- [inaudible] that was lovely. And so I had asked you guys to just reflect on what you thought it meant. And so maybe when we come back, let's start with that conversation, and then we can do a little bit of Hong-Sau. And then for the last part of class, we can go over, we can talk about chakras, karma. There's so much we haven't quite gotten to, but it's okay.

##### **[01:19:15.240] - Natalie**

I have one more question. When we close, I feel like after Shanti, I say that blessing because that's what we always do. Do we not normally do that in this class? Because do you either close with the Then you be blessed or the bell, or do you do both? Because I just said it, but I don't know if we always say that after this open.

##### **[01:19:32.870] - Caren**

You can close any way you want to. We close... We are so patterned now to... Sometimes we use a bell, sometimes we don't. But we say, may we be... No, we say, om Shanti Shanti Shanti. And then-

##### **[01:19:44.440] - Angela**

Unless Kieran's coughing.

##### **[01:19:46.000] - Caren**

What was that?

##### **[01:19:47.830] - Group**

I was just joking. You coughed. Oh, I was just joking. Unless Caren's coughing. You coughed.

##### **[01:19:50.900] - Caren**

Oh, yes.

##### **[01:19:53.300] - Angela**

Then somebody else finishes.

##### **[01:19:54.670] - Caren**

There's somebody else finishes. God bless, Brenda.

##### **[01:19:57.240] - Angela**

That was funny. I think that was the first time I remember something like that.

##### **[01:20:01.820] - Caren**

Yeah, it was wonderful. But so what they're talking about is on Tuesday night, we started doing it, and I got one of those coughs that you can't talk, your whole throat closes. And so I'm trying to talk. And Brenda, who, Maggie, you haven't met yet. You'll meet at the retreat. She just finally... She just chimes and she goes, What Caren is trying to say, unmute yourselves and say good night to each other. It was perfect. Yeah.

##### **[01:20:30.500] - Caren**

So, okay. So, yes, Refuge was lovely. We'll talk about that when we come back. Why don't we just take... What time is it now, everybody?

##### **[01:20:38.150] - Natalie**

8:47.

##### **[01:20:39.040] - Caren**

8:47. So let's take 10 minutes. Let's come back on the hour. We'll come back on the hour. Let's go grab, go to the bathroom, grab something to drink or eat. Okay. All right. So I'm going to mute.

##### **[01:34:26.800] - Caren**

Maggie, can you hear me? Yes. Okay. All right. Because I unplugged it, so I want to make sure it's... See if we can hear you.

##### **[01:34:36.950] - Maggie**

Can you hear me? Yes. It's working. And it seems to be following you and zooming on you.

##### **[01:34:46.600] - Caren**

Good. That was what I was hoping. It would just reboot. Yeah. Okay. So...

##### **[01:34:55.570] - Group**

Yes, these are delicious. They're really yummy. Thank you so much. I love that.

##### **[01:35:00.630] - Caren**

Let me take a look at what I wanted to be doing today.

##### **[01:35:05.220] - Group**

Do you guys just use that one-to-one baking? Yeah. Okay. That seems to be the best.

##### **[01:35:12.920] - Caren**

Okay. So we were going to start with a little discussion about what people might think these words mean, right? Of refuge. Is that what we're going to do? Okay. So I told Angela, Oh, don't worry about eating. You ask and I'll talk. But now you are going to be talking and I get to eat.

##### **[01:35:35.080] - Group**

That's just fine. Oh, [inaudible]. Aren't they delicious? It's yummy. Yeah. And they're healthy. Oh, my gosh. Oh, good. I'm so glad. This is so good. Here's the rest. And it's gluten-free. Oh, yeah? I do. You actually do want to take a picture? I do. I like the two. I could send it.

##### **[01:36:05.450] - Caren**

Actually, that's right. You could take a picture and text it to everybody.

##### **[01:36:10.270] - Natalie**

How important are the nuts? Could I do it without nuts?

##### **[01:36:12.300] - KES**

Yeah, yeah. It's optional.

##### **[01:36:14.490] - Caren**

Oh, wait. Did you guys want to take pictures? Yeah. Okay.

##### **[01:36:24.970] - Group**

We did all that last night. Thank you very much.

##### **[01:36:27.720] - Caren**

Okay, so it's called Refuge. And Refuge is a huge concept in... Wait, sorry, can I make this for you? I'm stopping right now.